

THE DISTRICT KITCHEN

CELEBRATE PRIDE

RECIPES INSIDE

RAINBOW BAGELS + SPRING ROLLS

**RAINBOW
NO BAKE CHEESECAKE**

**RAINBOW
SMOOTHIES**

RAINBOW BAGELS

- 1 1/2 cups warm milk
- 2 tbsp sugar
- 3 tsp salt
- 2 tbsp active dry yeast
- 3 cups all purpose flour, plus more to knead
- Approx 1/4 cup oil
- Liquid food dye
- Toppings, such as poppy seeds, sesame seeds, dehydrated onion, etc. (optional)

Preheat oven to 450°F.

In a large bowl, mix your warm milk and sugar thoroughly.

Add active dry yeast and stir. Let sit until foamy, about 3 minutes.

Add salt, and sift in flour 1 cup at a time. Mix until a ragged dough forms. Lightly flour a flat surface, and knead dough until smooth and elastic. Divide dough into 6 pieces.

Knead food colouring into each piece until you have 6 distinctly coloured pieces of dough. Gently roll them into roughly equal sized disks, and press together. Twist the dough to create a swirled look, and gently roll onto a thick rope, about the size of a rolling pin.

Cut 6 equal portions, and using hands, roll into a round disk. Use fingers to poke out a hole in the centre. Repeat the process with all 6 pieces.

In a big pot, bring at least 12 cups of salted water to a rolling boil. Drop bagels in, 2 at a time, for about 2 minutes, or until they puff up slightly and float on the surface. Remove and let dry.

Gently brush bagels with thin layer of oil, and let rise about five minutes. If using toppings, sprinkle on top at this stage.

Put bagels in the oven, and bake for approximately 10-15 minutes, or until bagels are golden on top, and sound hollow when tapped.

Allow to cool before cutting and serving!

RAINBOW SMOOTHIES

Red

- 1 red apple
- 5 strawberries
- 1/4 cup raspberries
- 1/2 cup almond milk
- 1/2 cup ice

Orange

- 2 tangerines, peeled
- 1/2 carrot, grated
- 1/2 cup frozen peaches
- 1/2 cup orange juice
- 1/2 cup ice

Yellow

- 1 mango, peeled and sliced
- 1 banana, frozen
- Pinch of turmeric
- 1/2 cup frozen pineapple
- 1/2 cup almond milk

Green

- 1 handful spinach
- 1 green apple
- Juice from 1 lime
- 1 tbsp honey
- 1 kiwi, peeled

Blue

- 1 frozen banana
- 1 cup blueberries
- 1 cup nut butter
- 1/2 cup ice
- 1/4 cup almond milk

Purple

- 1 cup watermelon
- 1/2 cup frozen pineapple
- 1/2 cup blueberries
- 1/2 cup coconut milk
- 1/4 cup ice

Blend each colour separately.

Take 6 tall glasses, and add smoothie using a ladle. Pour slowly so you don't muddy the colours. Add colours in whatever order you'd prefer to make a delightfully colourful smoothie.

TIP: You can put any leftovers into a shallow container, swirl, and freeze for a delicious psychedelic sherbert!

RAINBOW SPRING ROLLS

- 7-8 rice spring roll papers
- 1 medium beet, skin removed and cut into matchsticks
- 1/2 yellow and red pepper, julienned
- 1 cup carrots, grated
- 1 ripe mango, cut matchstick
- 1 large bunch mint leaves
- 1 large bunch cilantro
- 8 ounces extra-firm tofu, diced small

Peanut Sauce

- 1/2 cup peanut butter or soy butter
- 3 Tbsp soy sauce
- 2-3 Tbsp brown sugar
- 1 medium lime, juiced
- 1/2 tsp sambal oelek
- 1 tsp fresh grated ginger
- 1 clove garlic, grated on a rasp
- 2 green onions, finely chopped
- Hot water (to thin)

Prepare sauce by whisking all ingredients together (except water). Add hot water 1 tbsp at a time and whisk until desired consistency is achieved. Let sit for a minimum of 30 minutes.

Add hot water to a large shallow dish and submerge a rice paper to soften for about 10-20 seconds, or until the paper is a little soft. If it gets over softened, the paper will rip when you try to roll it. Gently shake paper to remove extra water, and move rice paper to a smooth surface, smooth side down. Flatten the edges, if needed.

Add fillings to one side of the paper, being careful not to overfill. Fold bottom over the fillings, then gently roll over once and fold in the side to seal, then roll until completely sealed. Place on a serving plate and top with a room temperature damp towel to keep fresh.

Repeat process until complete. Serve with dipping sauce and sriracha, if desired.

TIP: Most rice papers will have a smooth side and a textured side. Place your rice paper textured side up before you begin, and keep them facing that direction for the entirety of this recipe's creation. This will help ensure the rolls stay rolled up.

NO BAKE RAINBOW CHEESECAKE

CHEESECAKE CRUST

- 5 tablespoon butter, melted
- 2 1/2 cups animal crackers, crumbled into very small pieces (animal crackers can be substituted with same amount of other favourite sweet cracker)

CHEESECAKE FILLING

- 2 cups cream cheese, room temperature
- 1/2 cup coconut sugar
- 2 cups whipping cream
- 1/4 cup lemon juice
- 1/4 cup lime juice
- 1 teaspoon vanilla extract
- Pink, orange, yellow, green, blue and purple food colouring

Combine the melted butter and crumbled animal crackers, then press into the bottom of an 8-inch springform pan using the bottom of a glass. Let set in the fridge.

Beat cream cheese with an electric mixer until smooth. Add the sugar and beat to combine. Add the cream, lemon and lime juice, and vanilla extract, then mix until smooth, then continue to mix until mixture gets stiffer. Divide the mixture into six bowls and fold in dye so you have 6 distinct colours.

Pour the filling into the cake pan one colour at a time, freezing for 15 minutes between each layer to prevent the colours from bleeding into each other. Start with purple, then add blue, then green, then yellow, then orange, then pink.

Once all the layers have been added, let it set in the freezer for at least one hour.

Wet a dishcloth with hot water and run it around the sides of the pan to slightly warm the cake. Remove the sides of the pan, slice and enjoy!